

Post Partum Care



Refer to page 159 in your [Pregnancy & Childbirth Handbook](#) for more information

Congratulations on the birth of your baby. Once you have birthed your baby, a Healthcare Provider will visit you daily until you are discharged from the hospital. We want to make sure that you are recovering well. The following are instructions that you should follow until your 6-week post-partum exam.

Perineal Care and Hygiene

It is important to keep the vaginal area as clean as possible. Change out your pad every time you go to the bathroom. You may want to take your peri-bottle home with you and spray water during and after you urinate. Pat the area dry rather than wiping.

Vaginal Rest

Your uterus is like an open wound, therefore anything placed in the vagina can cause infection. It is advised that you do not have sex, douche, use tampons, or introduce anything in the vagina until you are examined at your 6-week appointment. If you feel you are ready to have sex, then use condoms. You can use Tylenol or Motrin as directed for cramping or discomfort.



Bleeding

Your bleeding should be less and less as time goes by. It will turn from red, to brown, then to a yellowish color. If at anytime the flow of blood becomes heavier, stop what you are doing and rest. This may be an indicator that you are doing too much. If bleeding remains heavy, and you are saturating numerous pads, return to the hospital.

Activity and Rest

You can lift no more than 10 pounds of weight after birthing your baby. Walking is a good exercise to participate in after being discharged from the hospital. Avoid strenuous exercises such as sit-ups. It is beneficial if you can rest when your baby rests.

Exclusively Bottle Feeding

If you decide not to breast-feed:

- ⇒ Wear a good supportive
- ⇒ Use Tylenol or Motrin as directed
- ⇒ Use ice packs to alleviate the discomfort

Do not use warm compresses or attempt to express milk to alleviate the discomfort. This will only make you produce more milk.

Post Partum Warning Signs

Contact the Women's Health Center or go to the Emergency Room for the following:

- 1) Fever and chills
- 2) Excessive bleeding soaking numerous pads
- 3) Abdominal pain
- 4) Lower leg pain or heat, with or without leg swelling
- 5) Severely painful breasts
- 6) Depression
- 7) Foul smelling vaginal discharge